

# **Resume**

## **Siouxland Aging Services Inc.**

### **Mission Statement**

Our mission at Siouxland Aging Services (SAS) is to enable older Iowans to live with maximum possible dignity, well-being, and independence.

### **History**

Siouxland Aging Services, a non-profit organization incorporated in the State of Iowa, has been meeting the needs of seniors in Cherokee, Ida, Monona, Plymouth, and Woodbury Counties since 1974. SAS develops and promotes a comprehensive network of services for seniors 60 + and their caregivers.

Our organization is one of 13 area agencies on aging across Iowa, and is part of an even larger network on aging that includes 650 area agencies on aging in the United States today. These agencies are linked by administrative and funding relationships under the Older Americans Act, which was first signed into law in 1965.

Siouxland Aging Services provides services without regard to race, color, national origin, sex, age or handicap.

### **Advocacy Programs**

Part of Siouxland Aging Services Inc.'s purpose is to serve as an advocate for area seniors - whether we provide counseling and awareness, help find options for needs, or educate the public about services for and needs of the elderly.

#### **Advocacy Programs include:**

##### **Elder Abuse Awareness**

Provides information and makes referrals for abused elders.

##### **Older Iowans' Legislature (O.I.L.)**

Elected area senior delegates propose and debate bills to enhance the lives of Iowa's older residents.

### **SMP (Senior Medicare Patrol)**

Siouxland Aging Services is a part of a network that empowers seniors to prevent, detect, and report healthcare fraud, to stay alert to the latest scams, avoid identity theft and to advocate on their behalf in these matters. Senior volunteers receive training to spread the word to their peers, to give and assist with presentations, and to help others resolve fraud issues.

### **Senior Health Insurance Information Program (SHIIP)**

SHIIP is a confidential service of the State of Iowa that helps Iowans make informed decisions about Medicare and other health coverage. As a member agency, Siouxland Aging Services offers information and assistance to help consumers understand Medicare coverage options, so they can make informed choices based upon their health, budget or both. Medicare is a good start to maintaining health care coverage, but it's just a start. SHIIP and our trained counselors can work with Medicare, Medicare Advantage Plans and prescription drug coverage.

### **Information and Assistance**

A service that provides current information on opportunities and services available to older adults in the counties that we serve (Cherokee, Ida, Monona, Plymouth and Woodbury). Consumers and caregivers can contact Siouxland Aging Services to get a complete listing of agencies and organizations that assist older adults and their families in dealing with their special circumstances.

### **Advisory Council**

Seniors, service providers, caregivers, elected officials, and community members from the five county area are selected to serve on the Advisory Council. The Advisory Council's duties include advocating for seniors in their communities and counties, serve as an information link between seniors, Siouxland Aging Services and the providers of services to the elderly in the area, reviewing and making recommendations on program priorities for the area, reviewing and commenting on

community policies, programs, and actions which affect older persons and assisting in generating local support for the development of elderly programs in the area.

### **Educational/Training Programs for Seniors, Care Staff, and Community Members**

Our Advocacy Coordinator regularly speaks on current topics of interest to seniors at congregate meal sites, at senior apartment complexes and other venues.

Programs on preventing healthcare fraud, scams and identity theft are presented regularly. A interactive program has been developed and is available to care staff to help them better empathize with the challenges of aging. We welcome the opportunity to speak to groups on any of these topics or about the services provided by and the volunteer opportunities within Siouxland Aging Services.

## **Case Management**

The goals of the Case Management Program are to help individuals to live safely in their own homes; to help them find ways of financing needed services; and to put them in control of the services they feel they need in order to provide a continuum of care for as long as possible, delaying or preventing institutionalization.

Home and Community-Based Services (HCBS) have been demonstrated to be more cost effective than institutionalized care, and promotes a higher quality of life for individuals.

### **Case Management offers the following:**

1. An assessment of current health and living situation.
2. A meeting for family and professionals to help to develop an individualized plan of care, which can be adjusted if your situation changes.
3. A professional case manager to answer your questions and make referrals to the agencies that provide those services.

Consumers are assigned a case manager and some of the services chosen may have a cost involved. If needed, financial assistance may be available through a select funding source.

## **Elderly Waiver:**

Case Management Program works with the Dept of Human Services (DHS) in determining eligibility for the Elderly Waiver Program. To apply you must be at least 65 years of age or older, meet financial and level of care requirements. The level of care form is completed by a physician. The Medicaid T-19 Program is geared to help pay for home and community based services for those who qualify.

### **Some of the Home and Community Based Services available are:**

- Caregiver Support
- Home Health Aide (for personal care)
- Homemaker
- Respite Care
- Adult Day Care
- Lifeline
- Peer Visitor/Senior Companion
- Transportation
- Mental Health Outreach
- Nutritional Counseling
- Home Delivered Meals
- Chore Services
- Assistive Devices
- Skilled Nursing

## **Chore Services Program**

- Many seniors find it necessary to hire someone to mow their lawn or shovel a sidewalk. For some, the cost involved is beyond what they can afford. The Chore Services Program works with providers to offer these services.

## **Health Promotion**

### **Better Choices/Better Health**

If the consumer is 18 or older and has a chronic condition or care for someone who has a chronic illness the Better Choices/Better Health Program can help. Each

workshop is six weeks, meeting 2 to 2½ hours per week. The classes are fun with time for sharing and providing suggestions to help others.

#### Better Choices/Better Health Goals

- Bring people together in a community setting
- Introduce tools to improve the quality of daily life
- Participants gain self-confidence in their ability to be good self-managers
- Control how their health problems affect their lives

#### Better Choices/Better Health Characteristics

- Highly interactive
- Introduces a variety of skills
- Focuses on goal setting
- Practices using management skills
- Shares experiences while helping others
- Emphasizes mutual support

### **Matter of Balance**

Do you have concerns about falling? A Matter of Balance is an award winning program that can help reduce the fear of falling, reduce the risks for falling, and increase the activity levels of older adults who have concerns about falling.

A Matter of Balance classes help participants view falls and fear of falling as controllable. Participants learn to set realistic goals to increase activity and to reduce risk factors for falling. Participants learn exercises that have been proven to be effective in increasing strength, flexibility, and improving balance.

A Matter of Balance is for older adults who have concerns about falling or have experienced a fall, who have restricted their activities because of their fall concerns, or are interested in improving their strength, flexibility, or balance.

The only requirement for participation in A Matter of Balance workshop is you must be aged 60 or older, able to problem-solve, and be able to walk with or without some assistance.

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## **Independent Senior Living**

Siouxland Aging Services Housing Program has 3 apartment complexes in Sioux City; Fairmount Park, Evergreen Terrace, and Riverside Gardens. The 4th apartment complex is located in Onawa and is called Diamond Heights. Come home to an apartment that's perfect for you in an area that best fits your needs. You will enjoy the convenience of independently living with friendly neighbors while having fun with various activities. Located near shopping, transportation, and entertainment, a place for you to call home.

Siouxland Aging can also link consumers to appropriate housing possibilities.

## **Iowa Family Caregiver**

Siouxland Aging Services (SAS) provides services for seniors and has a number of services designed specifically to support you in your role as a Caregiver. SAS values consumer commitment as a partner in our mission to enable older Iowans to live with the maximum possible dignity, well-being and independence.

## **Caregiver Support**

Siouxland Aging may provide or link consumer to Caregiver Support.

- \*Educate about the assistance available at SAS.
- \*Help access services within community.
- \*Print a list of providers by service to in the selection process.
- \*Annual Senior/Caregiver Expo; talk with experts.
- \*Caregiver Class – learn how to prevent injury to yourself and others.

## **Caregiver In-Home Services**

Below are descriptions of various services available to Caregivers providing care for a senior 60 and older residing in one of the five counties served by SAS which are; Woodbury, Ida, Plymouth, Monona and Cherokee. Eligibility also includes grandparents 55+ raising relative children under the age of 18 or someone diagnosed with some form of dementia (*can be younger than 60 years of age*

Respite\*: someone to provide care, giving the Caregiver time of relief.

Homemaker\*: may include medication management, preparing light meals, shopping for personal items, making telephone calls, and light housework.

Personal Care: may include assistance with bathing, dressing, toileting, and transferring.

*\*A Caregiver can hire a family member or friend for these services.*

## Nutrition

### Congregate Meals

Siouxland Aging Services provides various congregate meal sites in the 5-county service area. Seniors visiting the meal sites are provided with hot, nutritious meals each day. In addition, seniors experience the benefit of conversations on nutrition, general wellness and current topics of interest to the senior population. The actual cost to Siouxland Aging for each congregate meal is \$6.80. The suggested contribution for the meals is \$3.50 - \$6.80.

The address, meal time and other details for congregate meal sites are listed below by county.



### Meals-On-Wheels

The meals-on-wheels program is a great nutrition program for seniors who are homebound and unable to prepare their own meals. With the assistance of volunteers, Siouxland Aging Services is able to deliver a hot, nutritious meal right to



your home. There is no set charge for meals, however we ask for donations to help off-set the cost of the program.

## Community Transportation Program

Siouxland Aging Services has a contracts with public and private transportation services, to provide rides to seniors in the five county areas of Cherokee, Ida, Plymouth, Monona and Woodbury. This program is funded with Older American Act Title IIIB funds and is called the Community Transportation Program (CTP). The only requirement the applicant must meet for this program is the age eligibility requirement of 60 and over.

- If you ride the Sioux City Transit bus (fixed route), CTP can help subsidize the tickets

Curb to curb services are covered under these contracts:

- **Rural** – Provided by Siouxland Regional Transit System (approved by CTP using Older American Act funding guidelines). Green tickets are purchased at a cost to CTP of \$4.00/one way trip. Participants are given a suggested contribution rate of \$2.00/one way trip ticket.
- **Taxi** – Provided by two local private taxi services. Orange tickets are given to participants for these trips. The reimbursement rate varies by provider and miles per trip. A suggested donation per ticket is comparable to those of the urban tickets or \$5.50 per trip.
- **Urban** – Provided by Care A Van Transportation, Wheels LLC or Siouxland Regional Transit System (Approved by CTP using Older American Act funding guidelines). Yellow tickets are purchased at a cost to CTP of \$11.00/one way trip. Participants are given a suggested contribution rate of \$5.50/one way trip ticket.
- **Para** – Provided and approved by Sioux City Para Transit application process. Pink tickets are purchased at a cost to CTP of \$3.60/one way trip. Participants are given a suggested contribution rate of \$1.80/one way trip ticket.